

## Making Every Bite Count

### GETTING PHYSICAL CHECK-UP\*

Staying active is important for keeping you healthy now----and later. Here's a check-up to see how active you are. Just place a "check" in the box that best describes what you usually do.

- |   | YES   | NO    |
|---|-------|-------|
| 1. I walk up and down stairs every day.   | _____ | _____ |
| 2. I walk three or more times a week.   | _____ | _____ |
| 3. I do chores like sweeping, yard work, and walking the dog.   | _____ | _____ |
| 4. I play fun sports like golf, tennis or other sports once a week.   | _____ | _____ |
| 5. I get regular aerobic exercise, like biking, swimming, dancing, or walking most days of the week, or I work out at a gym or at home. | _____ | _____ |

#### HOW DID YOU DO?

Count the number of "checks" in the "YES" boxes:

\_\_\_\_\_ If you answered yes to four or five questions, CONGRATULATIONS! You passed your physical check-up with flying colors. KEEP UP THE GOOD WORK!

\_\_\_\_\_ If you answered yes to three of them, you're almost there. Find new ways to add activity throughout each week. Then try this check-up again later. GOOD LUCK!

\_\_\_\_\_ If you answered yes to one or two of the questions, you have a way to go. Find ways to boost your activity level each day. Then try this check-up again later. GOOD LUCK!

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### Examples of Physical Activities for Adults

For at least 30 minutes most days of the week, preferably daily, do any one of the activities listed below - or combine activities. Look for additional opportunities among other activities that you enjoy.

As part of your routine activities:	As part of your exercise or recreational routine:
<ul style="list-style-type: none"><li>• Walk, wheel, or bike ride more, drive less.</li><li>• Walk up stairs instead of taking an elevator.</li><li>• Get off the bus a few stops early and walk or wheel the remaining distance.</li><li>• Mow the lawn with a push mower.</li><li>• Rake leaves.</li><li>• Garden.</li><li>• Push a stroller.</li><li>• Clean the house.</li><li>• Do exercises or pedal a stationary bike while watching television.</li><li>• Play actively with children.</li><li>• Take a brisk 10 minute walk or wheel in the morning, at lunch, and after dinner.</li></ul>	<ul style="list-style-type: none"><li>• Walk, wheel, or jog.</li><li>• Bicycle or use an arm pedal bicycle.</li><li>• Swim or do water aerobics.</li><li>• Play racket or wheelchair sports.</li><li>• Golf (pull cart or carry clubs).</li><li>• Canoe.</li><li>• Cross-country ski.</li><li>• Play basketball.</li><li>• Dance.</li><li>• Take part in an exercise program at work, home, school, or gym.</li></ul>

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### Guide to Physical Activity

An increase in physical activity is an important part of your weight management program. Most weight loss occurs because of decreased caloric intake. Sustained physical activity is most helpful in the prevention of weight regain. In addition, exercise has a benefit of reducing risks of cardiovascular disease and diabetes, beyond that produced by weight reduction alone. Start exercising slowly, and gradually increase the intensity. Trying too hard at first can lead to injury.

#### Examples of moderate amounts of physical activity

##### Common Chores

Washing and waxing a car for 45-60 minutes

Washing windows or floors for 45-60 minutes

Gardening for 30-45 minutes

Wheeling self in wheelchair 30-40 minutes

Pushing a stroller 1 1/2 miles in 30 minutes

Raking leaves for 30 minutes

Walking 2 miles in 30 minutes (15min/mile)

Shoveling snow for 15 minutes

Stairwalking for 15 minutes

##### Sporting Activities

Playing volleyball for 45-60 minutes

Playing touch football for 45 minutes

Walking 1 3/4 miles in 35 minute (20min/mile)

Basketball (shooting baskets) 30 minutes

Bicycling 5 miles in 30 minutes

Dancing fast (social) for 30 minutes

Water aerobics for 30 minutes

Swimming Laps for 20 minutes

Basketball (playing game) for 15-20 minutes

Bicycling 4 miles in 15 minutes

Jumping rope for 15 minutes

Running 1 1/2 miles in 15 min. (10min/mile)

Your exercise can be done all at one time, or intermittently over the day. Initial activities may be walking or swimming at a slow pace. You can start out by walking 30 minutes for three days a week and can build to 45 minutes of more intense walking, at least five days a week. With this regimen, you can burn 100 to 200 calories more per day. All adults should set a long-term goal to accumulate at least 30 minutes or more of moderate-intensity physical activity on most, and preferably all, days of the week. This regimen can be adapted to other forms of physical activity, but walking is particularly attractive because of its safety and accessibility. Also, try to increase "every day" activity such as taking the stairs instead of the elevator. Reducing sedentary time is a good strategy to increase activity by undertaking frequent, less strenuous activities. With time, you may be able to engage in more strenuous activities. Competitive sports, such as tennis and volleyball, can provide an enjoyable form of exercise for many, but care must be taken to avoid injury.